

<sup>1</sup> *Supplementary materials for: Fitness tracking reveals  
task-specific associations between memory, mental  
health, and exercise*

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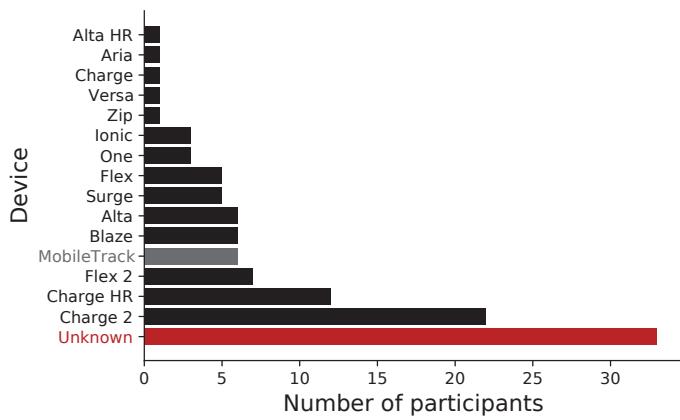


Figure S1: **Fitbit devices.** The bars indicate the numbers of participants whose fitness tracking data came from each model of Fitbit device. “MobileTrack” refers to participants who used smartphone accelerometer information to track their activity via the Fitbit smartphone app. “Unknown” denotes participants whose device information was not available from their available Fitbit data.

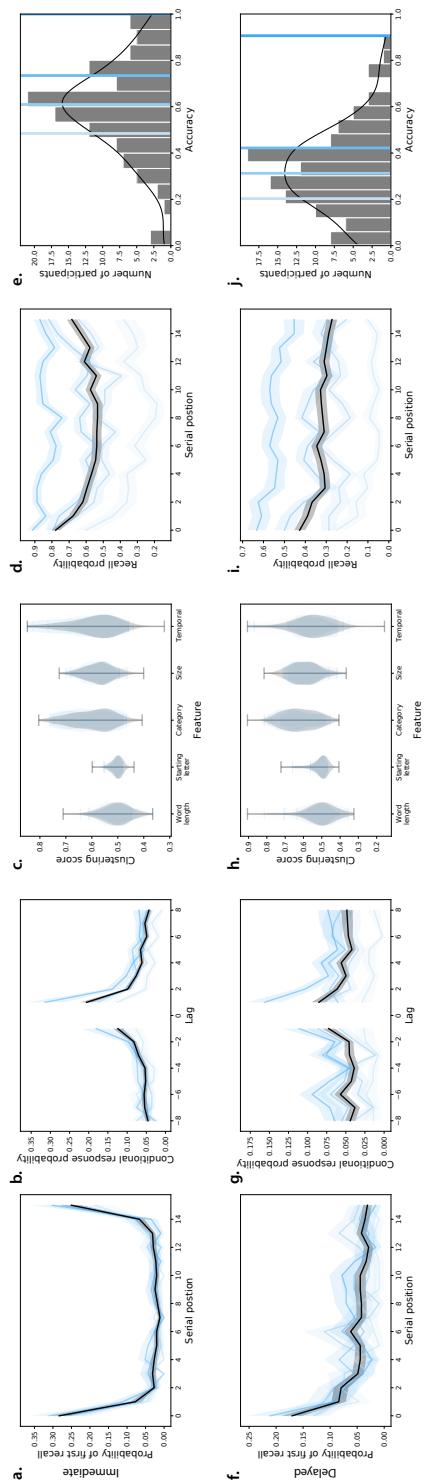


Figure S2: Free recall behavioral results.

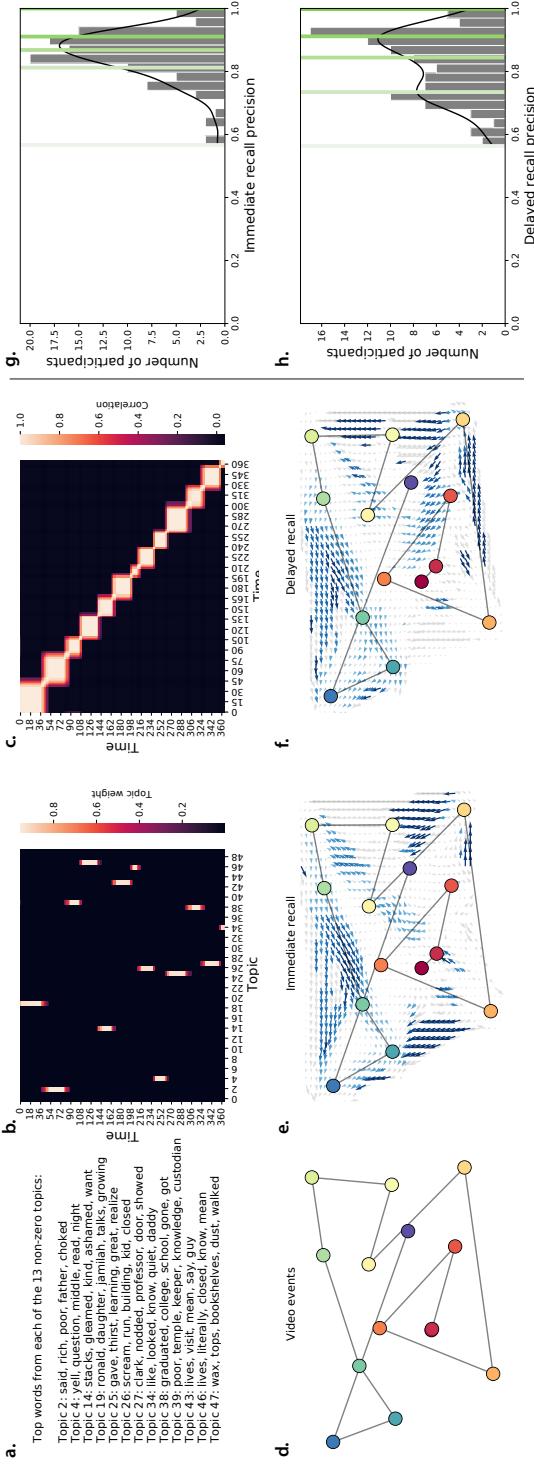


Figure S3: Naturalistic recall behavioral results.

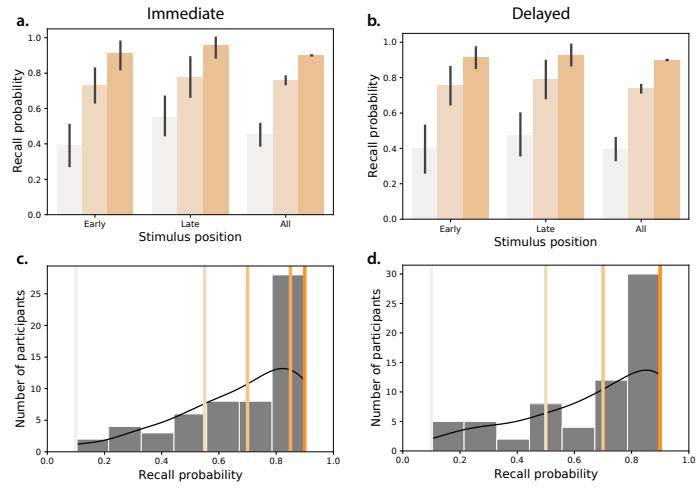


Figure S4: Foreign language vocabulary learning behavioral results.

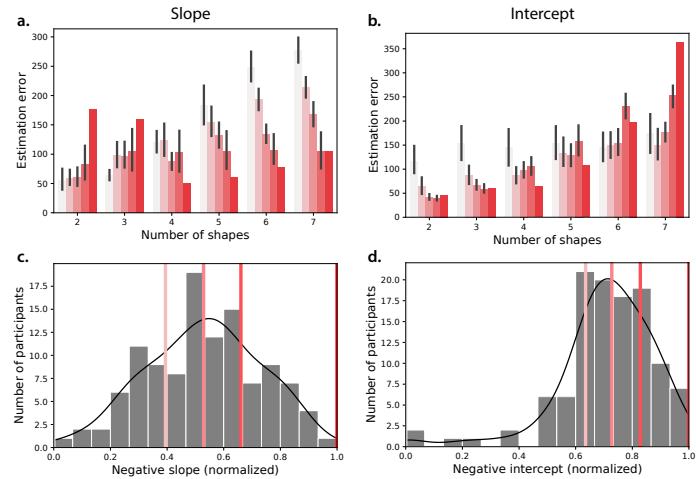
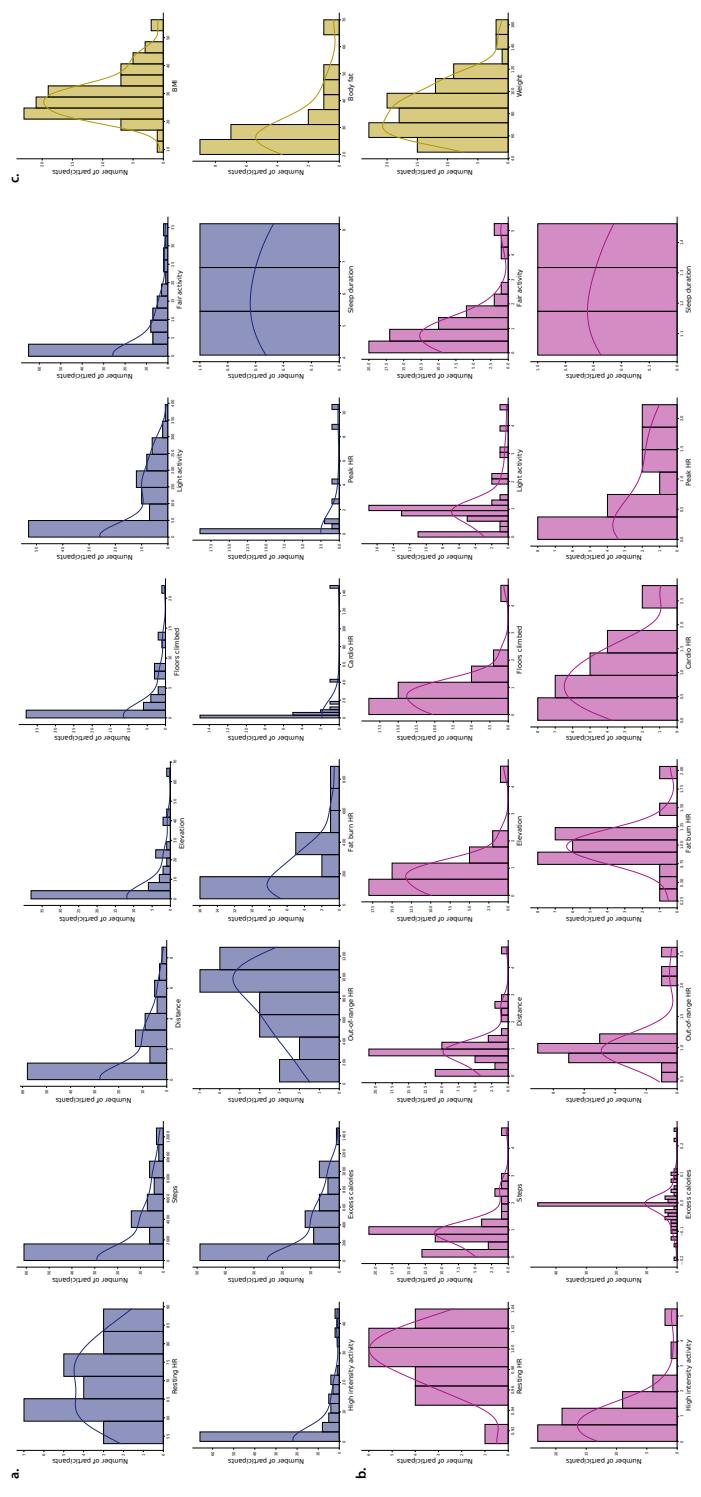


Figure S5: Spatial learning behavioral results.



**Figure S6: Distributions of fitness measures.**

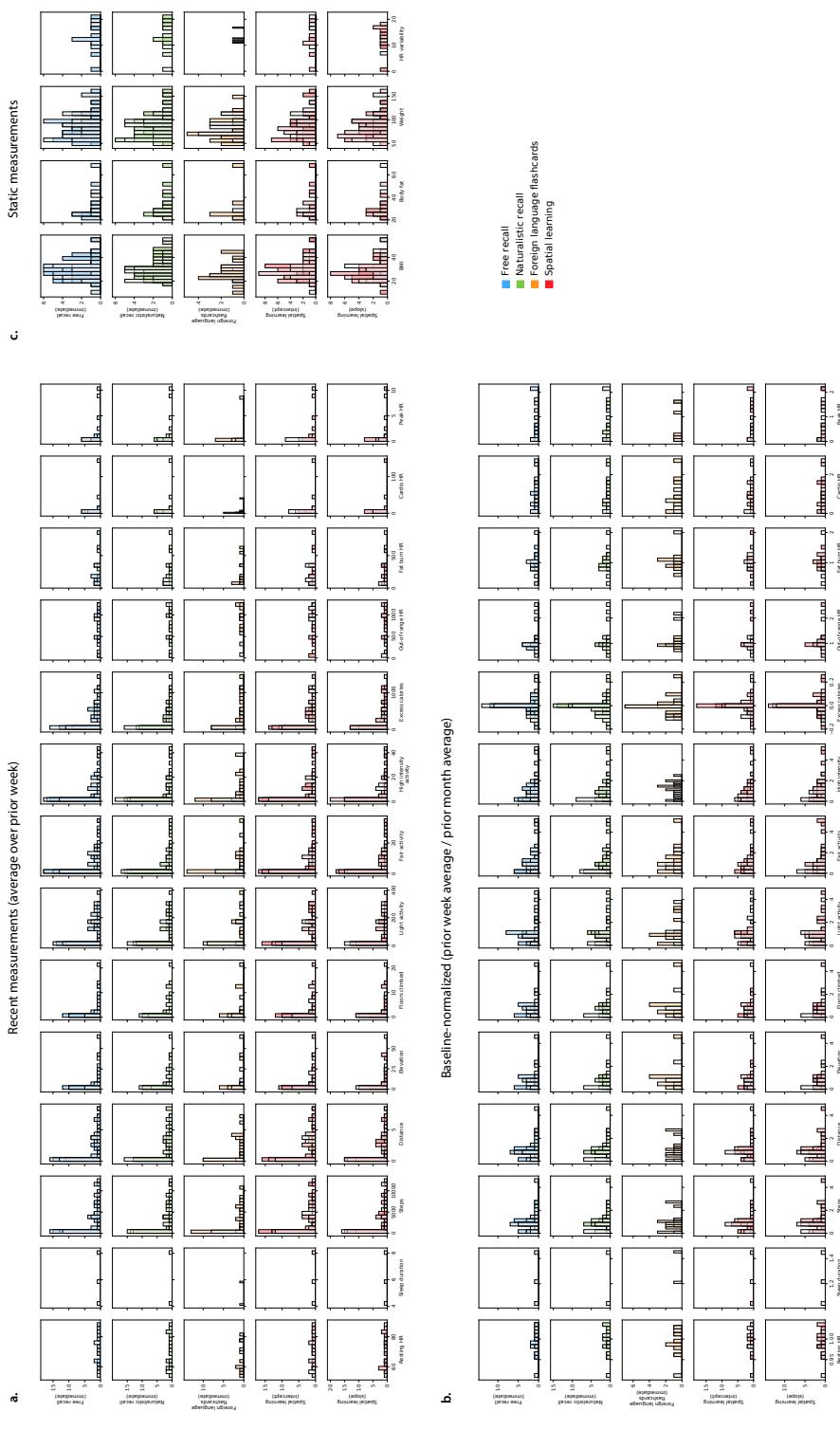
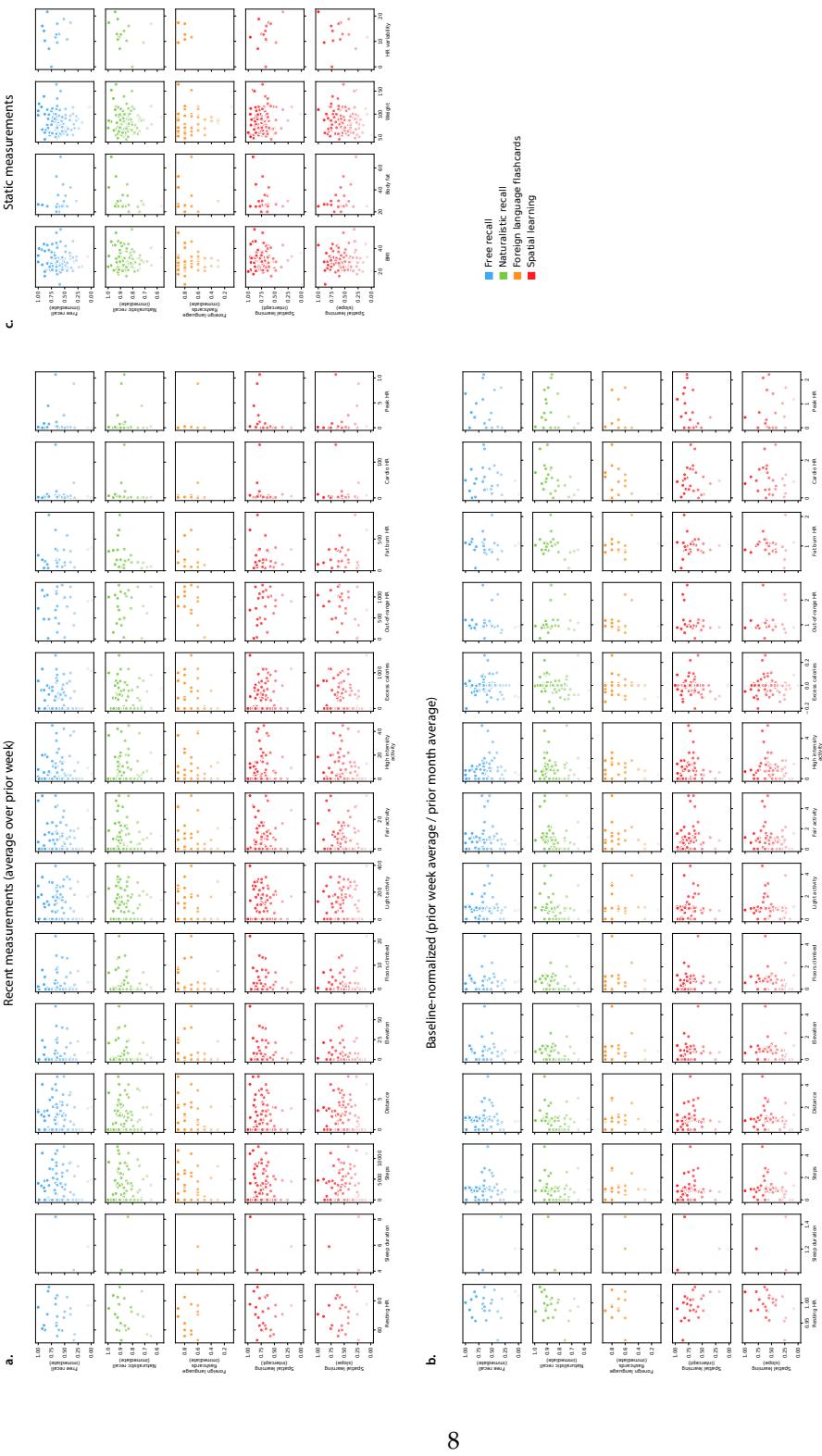


Figure S7: Distributions of fitness measures, broken down by immediate task performance.

**Figure S8: Scatterplots of fitness measures versus immediate task performance measures.**



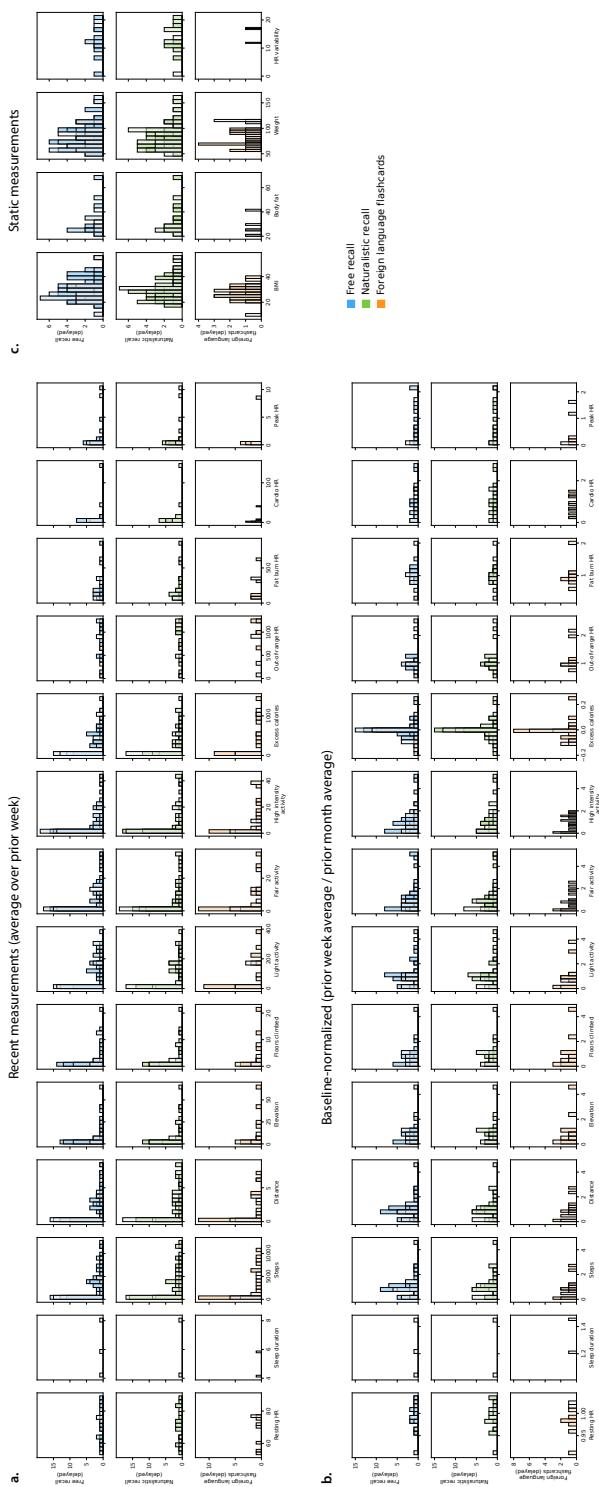


Figure S9: Distributions of fitness measures, broken down by delayed task performance.

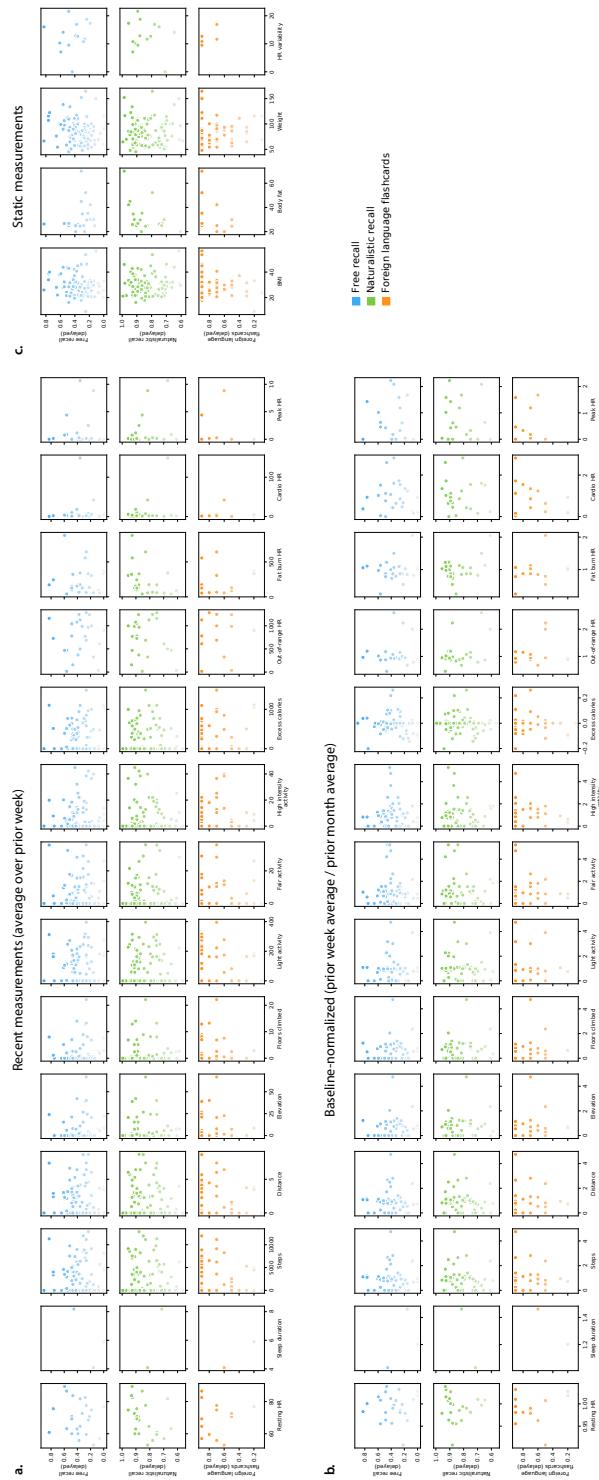
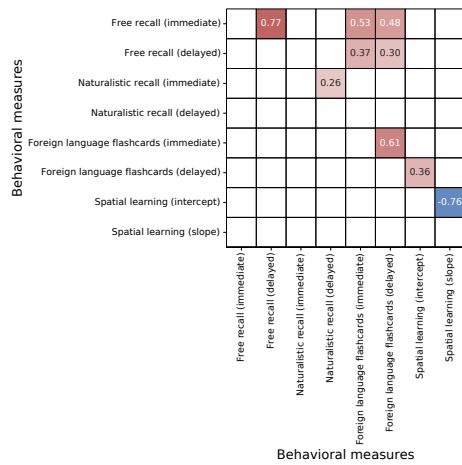


Figure S10: Scatterplots of fitness measures versus delayed task performance measures.



**Figure S11: Bootstrap-estimated reliable correlations between behavioral measures.**

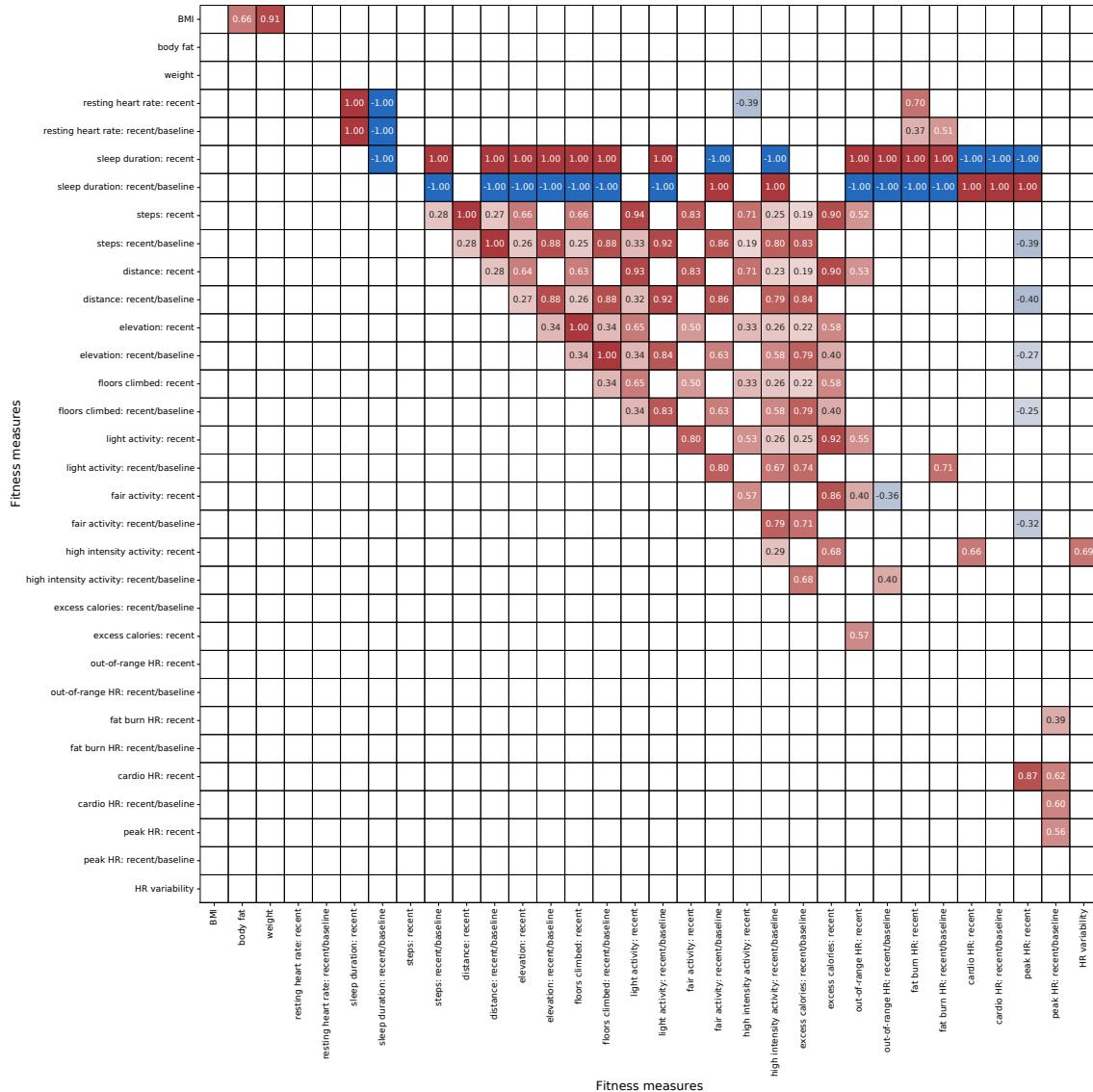


Figure S12: Bootstrap-estimated reliable correlations between fitness measures.

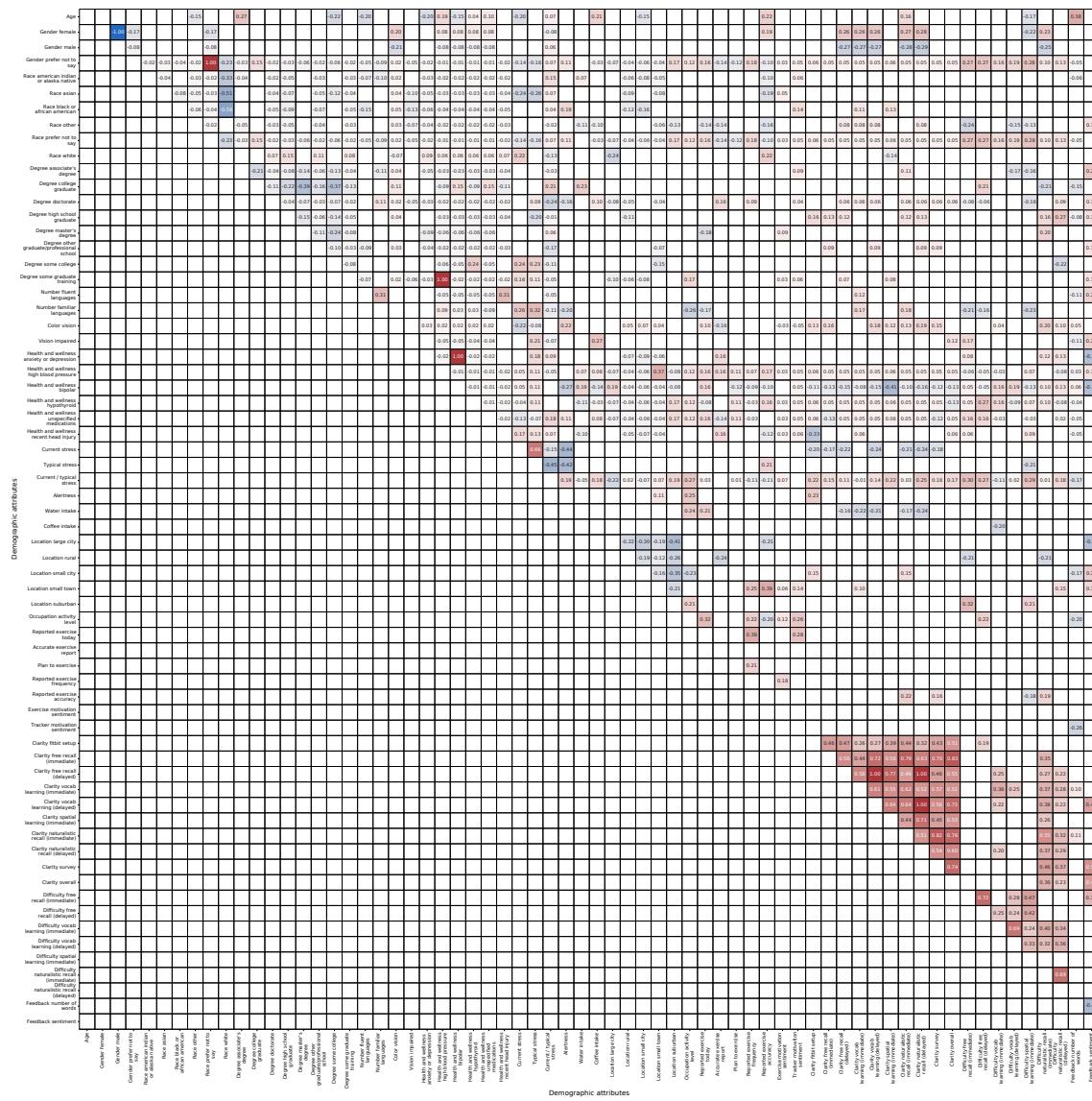


Figure S13: Bootstrap-estimated reliable correlations between demographic measures.

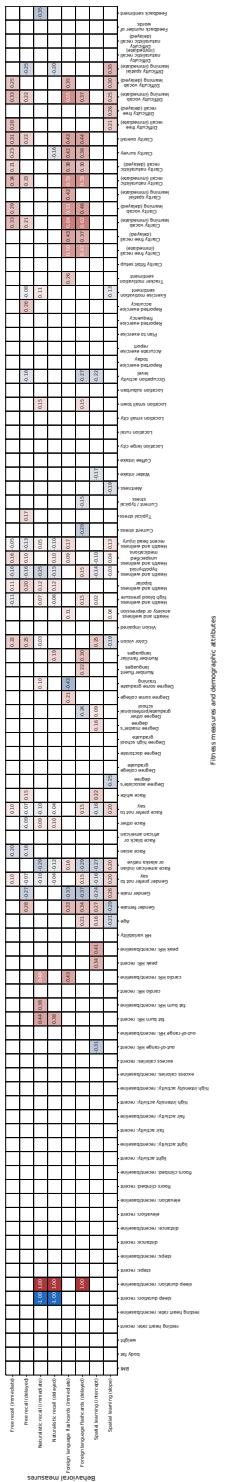


Figure S14: Bootstrap-estimated reliable correlations between behavioral measures and fitness or demographic measures.

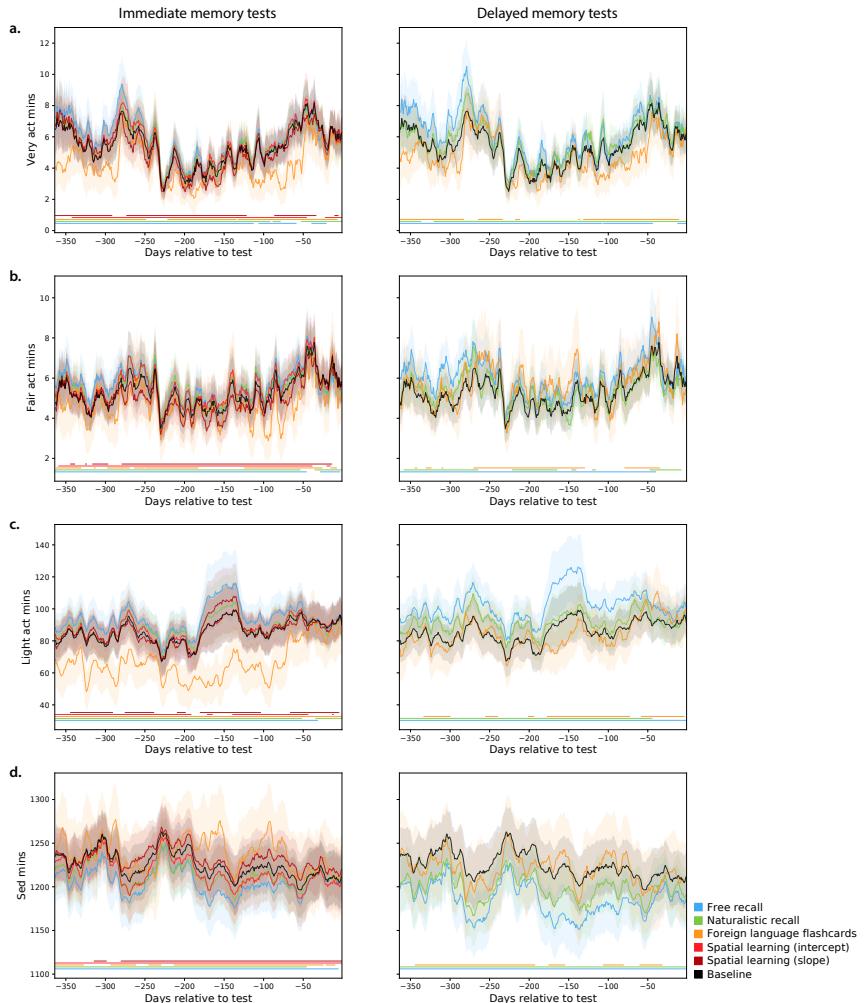


Figure S15: History of fitness activity levels weighted by behavioral performance.

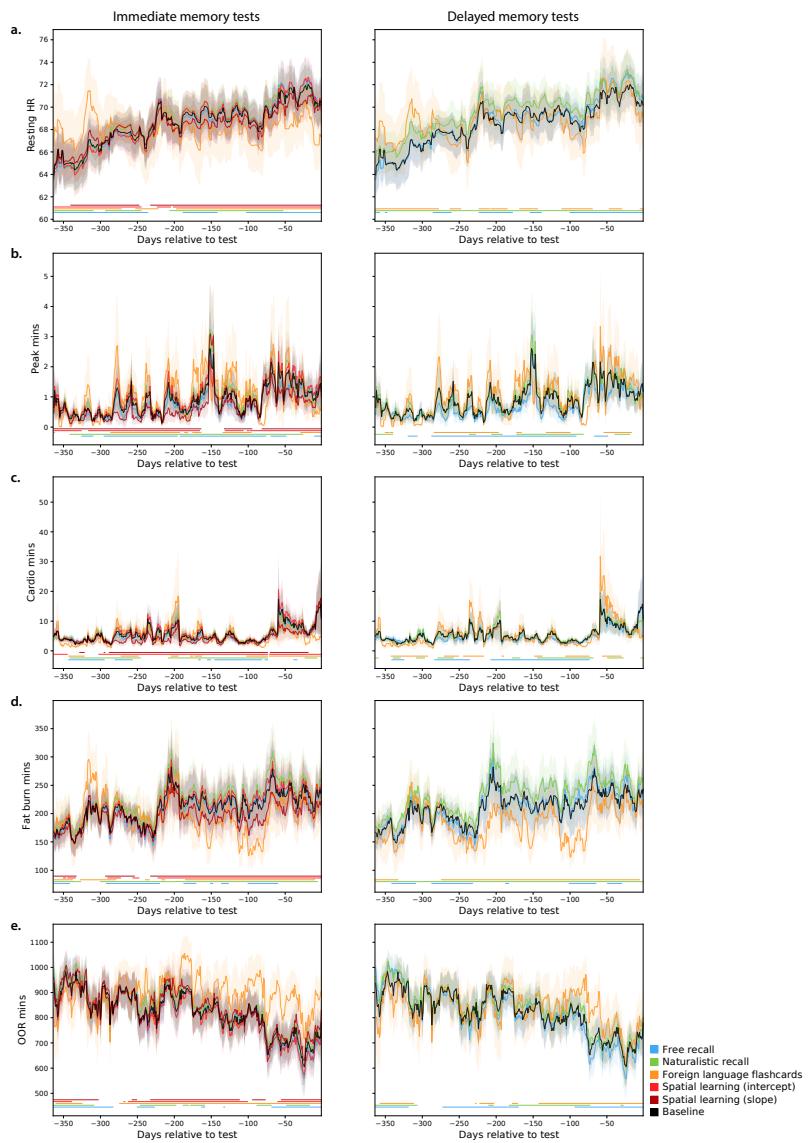


Figure S16: History of cardiovascular activity weighted by behavioral performance.

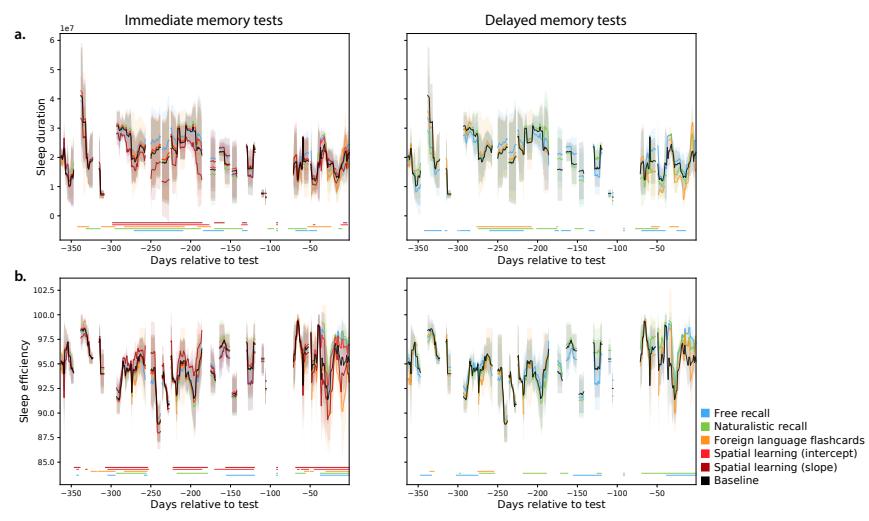


Figure S17: History of sleep efficiency and duration weighted by behavioral performance.

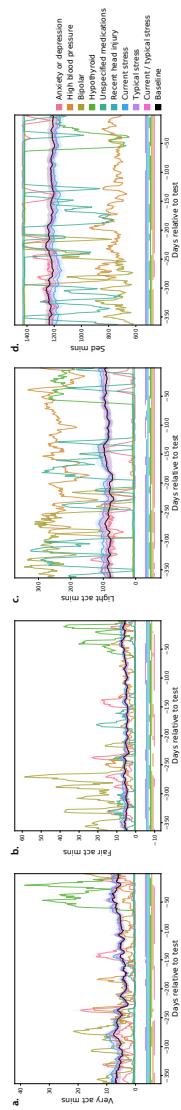


Figure S18: History of fitness activity levels weighted by mental health factors.

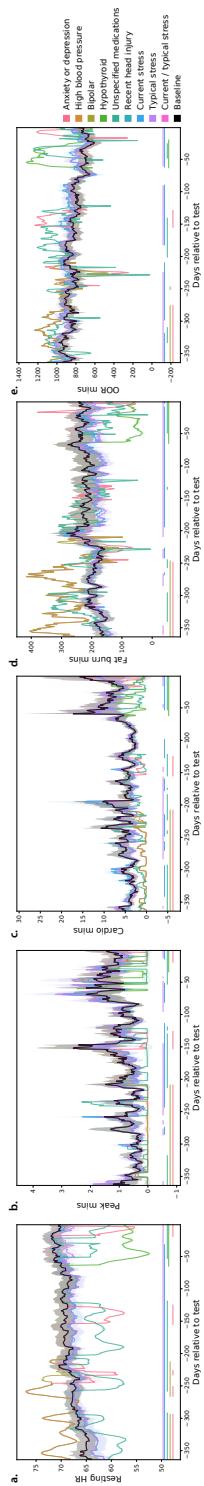


Figure S19: History of cardiovascular activity weighted by mental health factors.

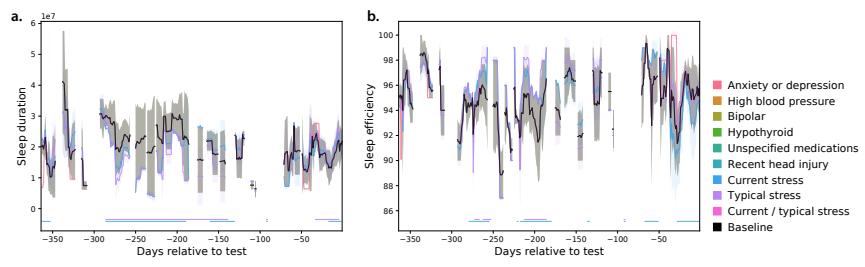


Figure S20: History of sleep efficiency and duration weighted by mental health factors.